

## **2009 Summer Hikes**

What better time to enjoy state parks than summer? It can be hot, so always remember to wear shoes fit for hiking, wear a hat for sun protection, and bring lots of water. It's always a good idea to check the weather forecast before your hike.

Here are some ideas:

### **Southern California**

**SALTON SEA STATE RECREATION AREA** (RIVERSIDE and IMPERIAL COUNTIES) has many trails for all levels of hikers. The New Camp and Headquarters Campgrounds provide beach access and the start of the Ironwood Nature Trail that takes off from the Visitor Center Area. Follow the path of the Ancient Cahuilla people as it meanders down the beach past scores of native plants. View the birds and track the animals that frequent this waterfront habitat. The views of the Santa Rosa, Orocopia, and Chocolate Mountains will give you a vantage point for dramatic sunrises and sunsets. Visit the Native Plant Garden's pupfish pond where you can walk a short loop from the park's entrance station right off Highway 111. Come by the Visitor Center for more recommendations on hiking on land adjacent the park at the Dos Palmas Preserve just a few miles up the hill on Parkside road. The Visitor Center is open everyday from 10 a.m. – 4 p.m. Thursday to Sunday during the off- season (April thru September). Please call for more information at (760) 393-3810.

[Links to other Southern California Hikes](#)

### **Central California**

**CASWELL MEMORIAL STATE PARK** (SAN JOAQUIN COUNTY) offers visitors a leisurely ramble along the Stanislaus River. Various trail loops allow walks from .5 to 2.5 miles over relatively level terrain. The stately Valley Oaks that tower over the trails once sheltered the Yokut people, and welcomed the first European explorers with a familiar sight, so like the mighty white oaks of their homelands. Take the Austin Rd. exit west from Highway. 99 at Manteca and continue seven miles until the road ends at the park entrance. Call (209) 599-3810 for more information.

[Links to other Central California Hikes](#)

### **Northern California**

**BRANNAN ISLAND STATE RECREATION AREA** (SACRAMENTO COUNTY), three miles south of Rio Vista, has a multi-use trail. The trail is a three mile loop, paved and accessible, offering hikers, bikers, strollers and rollers the opportunity

to get out and enjoy the views the park has to offer. The trail has many starting points at or near all the major use areas of the park including the campground, boat launch, marina, day use area, visitor center and park entrance. Part of the trail takes visitors near undeveloped area of the park where an assortment of birds, coyote, and even a burrowing owl live, as well as waterfowl, Great Egrets, blue and green herons and beavers. Hikers can watch anglers catching a variety of fish in seven and three mile sloughs. Near the day use area of the park there is an interpretive trail with information about the endangered Antioch Dunes Evening Primrose. It is near one of the highest spots in the delta around 30 feet above sea level. The trail is completely ADA accessible and includes strategically located park benches. The trail utilizes some of the internal campground roads so it is often used by camping visitors and is clearly marked with direction arrows and symbol markers. For more information, call (916) 777-6671.

[Links to other Northern California Hikes](#)

Visit California State Parks on line at <http://www.parks.ca.gov>